



Teen / Family

Rowing - Learn To - Youth 10-17yrs
Learn how to row this spring and be ready for your High School Rowing Team! No experience necessary. Upon completion, you can continue in our Recreational Rowing program.

• **Elk Lake**

Rowing Club Victoria City

281495 M-F Mar 16-20 9:30am-11:30am 5/\$130

Teen Scuba Diving 13-18yrs

Experience the underwater adventures of scuba diving. A PADI 'discover scuba' program just for teens.

• **Saanich Commonwealth Place**

Beyond Deep Diving

280434 Th Feb 12 7:30pm- 8:30pm 1/\$25
280435 Th Apr 16 7:30pm- 8:30pm 1/\$25
280436 Th Jun 18 7:30pm- 8:30pm 1/\$25

Teen Weights for Girls 13-16yrs

Learn how to use weight training to get in shape, improve your sports performance and reach your fitness goals. Includes a 5x pass.

• **Gordon Head Recreation Centre**

278751 Tu Jan 13-Feb 24 4:30pm- 5:30pm 7/\$37
278752 Tu Mar 31-May 12 4:30pm- 5:30pm 7/\$37

• **Saanich Commonwealth Place**

278754 Th Jan 22-Feb 12 4:30pm- 5:30pm 4/\$22
287501 Th Feb 19-Mar 12 4:30pm- 5:30pm 4/\$22
287502 Th Mar 26-Apr 16 4:30pm- 5:30pm 4/\$22
287503 Th Apr 23-May 14 4:30pm- 5:30pm 4/\$22

Teen Weights for Guys 13-16yrs

Learn how to use weight training to get in shape, improve your sports performance and reach your fitness goals. Includes a 5x pass.

• **Gordon Head Recreation Centre**

278755 Th Jan 08-Feb 19 4:30pm- 5:30pm 7/\$37
278756 Th Feb 26-Apr 09 4:30pm- 5:30pm 7/\$37
278757 Th Apr 30-Jun 11 4:30pm- 5:30pm 7/\$37

• **Saanich Commonwealth Place**

278758 F Jan 23-Feb 13 4:30pm- 5:30pm 4/\$22
287497 F Feb 20-Mar 13 4:30pm- 5:30pm 4/\$22
287498 F Apr 03-May 01 4:30pm- 5:30pm 4/\$22
287499 F May 08-29 4:30pm- 5:30pm 4/\$22

Underwater Hockey 12-15yrs

Hockey like you have never played before. Come and try out 'underwater' hockey on the bottom of our pool. All equipment provided. Enjoy the Everyone Welcome Swim from 7-8pm before your class!

• **Saanich Commonwealth Place**

282054 W Jan 21-Mar 11 8:00pm- 8:45pm 8/\$32
282055 W Mar 25-May 06 8:00pm- 8:45pm 7/\$28
282060 W May 13-Jun 24 8:00pm- 8:45pm 7/\$28

Wheels in Motion 12-16yrs

For mountain bikers interested in learning and improving techniques for safer and more mindful off-road cycling. Offered by our fun and supportive team, our superior 1:6 ratio provides appropriate supervision levels for this age group. Skills include descending and climbing, getting on and off the bike, and crossing various trail challenges. Bike repairs are also covered. All skill levels welcome, some equipment required; call for more information.

• **Hartland Landfill**

Alex Jefthas

282533 Sa Jan 17-Mar 07 1:00pm- 3:30pm 8/\$100
282534 Sa Mar 28-May 30 1:00pm- 3:30pm 8/\$100
282535 Sa Jun 13-Aug 01 1:00pm- 3:30pm 8/\$100

Yoga - Teens 12-16yrs

If you play sports or are simply interested in a new style of wellness, yoga is the way to go. With our instructor's easygoing attitude and guidance you will improve your flexibility and strength to feel balanced on your feet and in your mind.

• **Saanich Commonwealth Place**

Ty Chandler

276699 Tu Jan 06-Feb 24 4:00pm- 5:00pm 8/\$48
276700 Tu Mar 03-Apr 28 4:00pm- 5:00pm 8/\$48
276701 Tu May 05-Jun 23 4:00pm- 5:00pm 8/\$48

Floor Hockey 11-14yrs

Drop in floor hockey at Gordon Head Middle School on Wednesday nights for only a toonie! Coed ages 11-14 welcome.

• **Gordon Head Middle School**

W Jan 14-Jun 24 6:30pm- 8:00pm \$2

Family Programs

Family Kayaking 8 yrs +

Experience kayaking with your family. Each registered participant will get 45 minutes of kayaking. Enjoy the Family Swim as well! Children aged 5 -7 years must be accompanied in a kayak by an adult. Program fee included with your drop-in admission.

• **Saanich Commonwealth Place**

280126 Sa Jan 31 4:30pm-5:15 pm 1/Free
280127 Sa Jan 31 5:15pm-6:00 pm 1/Free
280128 Sa Feb 21 4:30pm-5:15 pm 1/Free
280129 Sa Feb 21 5:15pm-6:00 pm 1/Free
280130 Sa Mar 28 4:30pm-5:15 pm 1/Free
280131 Sa Mar 28 5:15pm-6:00 pm 1/Free

Nutrition For You-Healthy Families

18 yrs +

Children who eat family meals together tend

to have less eating disorders, less obesity, and higher academic achievement. Discover tips to inspire your family's nutrition. Designed for parents of children up to 12 years of age.

• **Colquitz Middle School**

280225 M Feb 23 7:00pm-9:00pm 1/Free

PJ Party

4 - 10 yrs

Let our experienced leaders entertain while you have a night out! Toys, games, crafts, snacks, movies and more! Children must be potty-trained.

• **Pearkes Recreation Centre**

277745 Sa Jan 17 6:00pm-10:00pm 1/\$25
277746 Sa Feb 14 6:00pm-10:00pm 1/\$25
277747 Sa Mar 21 6:00pm-10:00pm 1/\$25
277748 Sa Apr 18 6:00pm-10:00pm 1/\$25
277749 Sa May 23 6:00pm-10:00pm 1/\$25

Adult

Arts - Crafts & Visual

All About Art 16yrs +

Learn about drawing, mixed media, water-colour, acrylic paint and more! An emphasis is placed on learning skills to provide confidence in all your art making adventures. All supplies included.

• **Cedar Hill Recreation Centre**

Claudia Lorenz

282995 Th Jan 22-Mar 12 7:00pm- 9:30pm 8/\$140
282996 Tu Jan 20-Mar 10 1:00pm- 3:30pm 8/\$140
282997 Tu Mar 31-May 19 1:00pm- 3:30pm 8/\$140
282998 Th Apr 02-May 21 7:00pm- 9:30pm 8/\$140

Crocheting Basics 16yrs +

Learn the basics of crocheting including reading a pattern. Start with a scarf or dishcloth to learn how easy it is to crochet! Supplies not included.

• **Colquitz Middle School**

Esther Anderson

283555 M Jan 12 - Feb 16 6:30 PM - 8:00 PM 6/\$50

Drawing Portraits 16yrs +

For beginner and returning students. No rulers, no erasers, only a positive attitude is expected. Learn how to take proportions and transfer your inner character onto paper using various media. Some supplies must be purchased.

• **Cordova Bay Community Place**

Ella Szomborg

281414 Tu Jan 27-Mar 03 7:00pm- 8:30pm 5/\$75